

Analysis of the Promotion of Language Encouragement and Sports to the Physical and Mental Health of Learners of Chinese as a Second Language

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Abstract

This study examines the role of language encouragement and sports in boosting the physical and mental health of learners of Chinese as a second language. This paper utilized literature research, data analysis, and other approaches to investigate the factors brought about by athletics. The questionnaire results distributed to international students serve as the supporting argument. This research examines how physical exercise can improve students' physical and mental health based on the data analysis of a questionnaire survey. Kang's thesis offers some recommendations on how to assist students in enhancing their physical activity ability and intensity in middle schools, such as referring to the examination method; by adding the physical education examination to this module, guiding students will be a priority. There is an emphasis on sports. In addition, as the government and the school increase the direction of students and invest in sports facilities, students will have the time and space to participate in sports. Language encouragement and sports can effectively regulate international students' physical and mental health, boost the self-confidence of international college students, establish positive social ties, assist students in establishing a sense of mental health, and promote the healthy development of mental health.

Keywords: language encouragement; athletic sports; physical and mental health; students; research and analysis

1. Introduction

With the rapid development of science and technology and the rapid advancement of society, there is a growing demand for talent. Through the relay function of the baton of college students, the student side becomes a dividing line for the flow of talents. In response to this, the choice of temporary examination and academic pressure has become one of the most significant disagreements among college students. The effects of stress on the student's life and development have been devastating; the body is unhealthy, and the mind has become fragile. Weak, thereby impacting regular life and school learning and ultimately resulting in poor learning ability and continuous life quality. Lower. According to the present international consensus, the term 'health' encompasses both physical and psychological, and moral well-being. In health, the domain is morality, effective communication, social communication skills, etc. So, for Will to study the graduate-level information, present work, and live interaction with students, this - a specific group atmosphere - is required. The purpose of this paper is to modify the physical and mental health of students and investigate the transit of the body. The way of education movement can adapt and encourage the physical and mental health growth of students.

Increasing numbers of foreigners are relocating to China to study Chinese due to its rising popularity elsewhere. Nonetheless, the mental health of international college students has gotten little attention. The pressure their academics brings has become one of the most significant conflicts college students face. These pressures have detrimental consequences on college students' lives and development. Their bodies are not healthy enough, and their psyches grow frail, impairing their regular life and school learning, resulting in poor learning ability and an ongoing decline in life quality (MacIntyre et al., 2001). According to the current international consensus, "health" refers to more than just physical health; it also encompasses psychology, morality, and good communication and communication skills in social life. To combine postgraduate-level knowledge with the unique group environment, foreign college students are

currently exposed to in their work and daily lives, the research direction is to adjust the physical and mental health of foreign college students and to investigate how sports can adjust and promote the development of the physical and mental health of foreign college students (Teng & Zhang, 2018). The literature demonstrates that verbal feedback from others influences an individual's perception of self-efficacy to some level (Bas, 2022; Bush et al., 2022; Elias, Noordin, & Mahyuddin, 2010; Rahim, Jaafar, & Arsad, 2021). Teachers' appropriate verbal encouragement is conducive to the positive self-evaluation of the university, helps to improve the university's sense of self-efficacy, and enhances its internal self-confidence; However, the negative and negative evaluation of university teachers, such as negation, criticism, and criticism, tends to lead to the incorrect evaluation of university self-evaluation, thereby diminishing the university's sense of self-efficacy (Liu et al., 2019; Prewett & Whitney, 2021; Sagone & De Caroli, 2014). As one of the core components of self-consciousness, self-efficacy is the determining factor of individual action in college, which influences the development of cognition, emotion, and behavior (Angela, 2014; Borden et al., 2008). The motivating evaluation behavior of university instructors has direct or indirect effects on the mental and physical growth of the entire university. Therefore, it is crucial to examine the motivational evaluation behavior of university instructors (Laletina, Zhiganova, & Gritsenko, 2022). Sports are an integral component of quality education for pupils. The literature on the association between extracurricular physical activity and students' physical and mental health was examined. The results indicate that physical activity has a significant impact on the physical and mental health of students. This article examines the current state of physical and mental health among students and discusses the impact of sports on physical and mental health. Health promotion aims to improve students' understanding of the significance of extracurricular activities and encourage their participation in exercise, forming the habit of "lifelong sports" gradually. This study examines the role of language encouragement and sports in boosting the physical and mental health of learners of Chinese as a second language. This research addresses a

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significant gap in the body of knowledge, as it has produced significant findings for this research gap. In addition, the study has developed several theoretical and practical implications that are crucial for their significance. However, the study has outlined some critical future directions for expanding the body of knowledge and making significant contributions to the literature.

2. Literature Review

It is still challenging for international college students to truly integrate into sports by altering their attire. [Figure 1](#) shows the prevalence of mental health issues among international college students. We should therefore pay more attention to the mental health of international college students. According to relevant reports on the psychological condition of students, there are more students in China. There are various types of mental disorders. According to the report, the prevalence of mental illness among students in certain regions is high. Some have reached 15%, a chronically high rate. According to the Department of Education, the psychological development of students. In the evaluation report, it is not difficult to determine that psychological disorders are associated with the continual deepening of learning and expansion of academic background. The number of individuals continued to increase. Thus, mental disorders have become a fundamental component of schooling in China. Attention to mental health issues should be accorded a great deal of focus as an integral aspect of education's ongoing development.

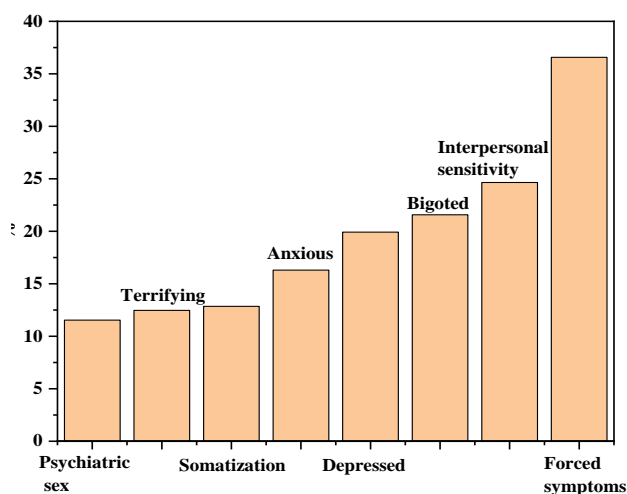


Figure. 1 Incidence of mental health problems among foreign college students

Thirdly, motivational evaluation functions as dialogue and interaction to foster the ideological and emotional collision between teachers and students ([Nazari & Alizadeh Oghyanous, 2022](#)). According to H. Mitri, self-efficacy is a person's belief in his ability to plan and maintain his conduct in given settings. Self-efficacy is an essential component of personal initiative. If a person believes he is incapable of producing behavior outcomes, he will not produce behavior ([Li & Wei, 2022](#)). Some scholars have also argued that the implementation of incentive evaluation should consider students' physical and mental development, stimulate their positive energy, control the dynamic-static relationship, and focus on the incentives' long-term effectiveness and sustainability ([Widanta et al., 2020](#)). In their article titled

"Sports and the mental health of international college students," researchers and analysts of the relationship between sports and mental health made it abundantly clear that there is a significant disparity in the mental status of individuals with varying exercise intensities ([Ritonga, Widodo, & Nurdianto, 2021](#)).

Moreover, the psychological status of those participating in more sports is superior to those participating in fewer sports. Interpersonal connection adaptation is the essence of psychological adaptation ([Rahimirad, 2014](#)). Whether or not a person's mental state is normal relies on whether or not his communication with others is proper. Ordinary interpersonal communication skills are crucial for determining an individual's mental health ([Gray, 2020](#)). Compared to other natural and humanities sciences, psychology possesses its distinctiveness, comparable to the uniqueness of sports. According to studies, sports operation and interpersonal communication are the same, which will influence the psychological activities process ([Dias et al., 2018; Makun & Jayaraman, 2022](#)). There is frequently a strong correlation between physical and mental health ([Dehqan & Genç, 2022; Gray, 2020](#)). Aiming at college students' active and competitive mentality, projects designed to be completed through competition are frequently more effective at attracting students' attention, stimulating their enthusiasm for participation, enhancing their mastery, and influencing their physical and psychological development.

3. Methodology

Four students serve as the research subject in this paper. The four schools are examined through comparison, investigation, and other means. Several grade school students administered a questionnaire survey.

3.1 Research Objective

Its findings are limited if this topic's research is limited to theoretical foundations. Consequently, research that blends theory and practice is more persuasive. Therefore, the author employs this study. Based on the questionnaire's goal and substance, and after contacting and referencing the opinions of relevant experts, we prepared a questionnaire to assess students' psychological and athletic status. The questionnaire will concentrate on students' athletics. The primary contents consist of attitudes, accepting intensity, and mental condition after getting sports. Make relevant questionnaire. Four psychological scales, including the Psychology Sense of Coherence Scale, Attitude to Exercise Scale, Physical Activity Rating Scale, and Sense of Physical Activity Scale, were confirmed as the questionnaires for this study.

After establishing the research topic, I conducted preliminary research on sports and mental health. To review and learn so that their own in this sector, both domestically and internationally, can advance in research and outcomes - a The authoring of this paper provides a sound theoretical foundation and foundation. Concurrently, with the assistance of the Internet's significant data era, The Yishun windmill can comprehend the most up-to-date information through the progress of relevant research results. Dynamic, thus compensating for deficiencies, will be suitable for our nation, and more advanced research methodologies applied to my study at this time, Make this paper the timeliness and operability to obtain - a sublimation

During the early stages of drafting this paper, children's physical and mental health at four schools was examined. To

examine the relationship between school-sponsored health and sports activities and to assess and study the investigation's findings. The survey results from this region serve as case studies: this time hoping to find universality and general principles. The personality and commonalities of the study are merged with the actual work experience of instructors, and physical education and mental health are the primary focus. Guidance as a supplement to the model so that physical education can be improved for the benefit of students and the study of education can be utilized more effectively in future teaching practice.

This report examines the current influence of language encouragement and sports on international college students' physical and mental health development. This paper concludes that language encouragement and sports have an impact on the development of the physical and mental health of foreign college students (Ritonga et al., 2021) based on a questionnaire survey of several grades of students in eight schools, an analysis of the basic situation in four schools, and a comparison and investigation of the eight schools.

3.2 Literature Method

In the preparation phase, after confirming the research topic, I consulted and studied the literature on sports and mental health to learn about the research progress and achievements in this field, both domestically and internationally. Through continuous study and literature review, we gained a deeper understanding of the relationship between mental health and sports, as well as the development direction, which provided a solid theoretical foundation and served as the basis for the writing of this article. At the same time, with the help of the Internet's era of big data, through research on the progress of relevant accomplishments, we can grasp the most recent trends to learn from one another's strengths. This research will be conducted using more advanced research methods that are appropriate for our country so that it is superior in terms of timeliness and applicability.

3.3 Questionnaire

Through a questionnaire survey of international college students, the test adopts anonymous collective and individual tests in a standardized language, and the scale is retrieved on the spot. Similar to studies using primary data, the questionnaire for this study was used to collect information from international college students. In addition, this scale-based questionnaire is also utilized in social science research; therefore, it was considered for data collection in this investigation.

3.4 Mathematical statistics

Input the investigated and measured data into the computer and analyze the data using SPSS (11.5) (Field, 2013). In social science research, SPSS is used for data analysis to determine findings. It is used for testing data normality and regression

Table 1

Comparison of scores of first- and second-year students' psychological congruence scale (M±SD)

Projects	Freshmen(n=640)	Sophomore(n=300)	T	P
Intelligibility	20.60±5.04	18.47±4.94	3.52***	0.00
Controllability	18.10±5.05	16.00±4.82	3.51***	0.00
Sense of meaning	18.27±5.20	16.01±4.62	3.73***	0.00
SOC	56.43±14.74	50.48±13.62	3.75***	0.00

Note:*. p<0.00

It can be seen from the data in Table 1 that the P values of the three items listed in the table are all less than 0.05, which tells

analysis. Since this study also pertains to the social sciences, SPSS is deemed an appropriate tool for the data analysis of this research.

4. Results and Discussion

4.1 Research on the relationship between sports and foreign college students' sense of psychological consistency

With the rapid development of society and the accelerating social rhythm, the fast-paced lifestyle has affected foreign college students, as have certain external factors on their physical and mental health. In addition, continual pressure from all parties has been exerted upon them. If they cannot control them, they will severely negatively affect their bodily and mental health. Due to the ever-increasing prevalence of physical and mental sub-health, people are paying more and more attention to sports, which can alleviate people's emotions and release pressure without negative side effects (Antwi et al., 2022). To better protect international college students' physical and mental health and enable them to temper their will through sports, form their character, enhance their self-confidence, and recognize their worth, it is imperative to incorporate sports into examinations and cultivate students' imperceptible spirit. However, the author agrees that sports will interfere with a sense of psychological consistency; however, we need to conduct extensive research on the specific links (Lo, Gupta, & Keating, 2018; Pan et al., 2021).

4.2 Comparative study and analysis of first- and second-year students' sense of psychological consistency

The "Psychological Consistent Feeling Scale" questionnaire consists of thirteen items: the sense of meaning, comprehensibility, and controllability. The measurement of sense of meaning comprises four questions, namely questions 1, 9, 10, and 13, whereas the measurement of sense of understanding comprises questions 2, 3, 5, 8, and 12. The remaining four items measure the perception of control. Each answer choice is graded on a seven-point scale, ranging from 1 to 7. The scoring system for each dimension is the sum of each dimension's scores. The scale's total score is the sum of all individual item scores. Higher scores indicate greater psychological consistency. Four universities in Jiang'an District, Wuhan City, randomly selected 960 students from 20 nature classes (first- and second-year students), including 650 freshmen, 640 valid questionnaires, and 310 sophomores, 300 valid questionnaires. They participated in the psychological consensus questionnaire as test subjects. All P values are less than 0.05, indicating that freshmen have a greater sense of coherence than sophomores and that this difference is statistically significant. The survey results are reported in Table 1:

us that first-year students have a greater sense of psychological consistency, and there are significant

differences between them.

4.3 Sports attitude and psychological consistency

There are positive and negative scoring questions on the Sport Attitude Scale. There are 14 questions with negative point values. The scale consists of 50 questions, with 5 options per question; According to the options, the

Table 2

Comparison of scores between first- and second-year students on the sports attitude scale (M±SD)

Projects	Freshmen(n=640)	Sophomore(n=300)	T	P
Behavioral attitude	29.83±5.07	28.20±4.92	2.56*	0.02
Target attitude	48.53±5.22	46.93±5.33	2.08*	0.04
Behavioral cognition	27.43±4.84	26.33±4.96	2.27*	0.03
Behavioral habits	35.47±5.15	34.80±5.57	0.59	0.56
Behavioral intention	26.50±4.95	25.61±4.96	1.76	0.09
Emotional experience	37.37±5.35	36.13±5.24	1.53	0.14
Sense of behavior control	26.27±4.91	24.13±5.88	4.26**	0.00
Subjective criterion	21.23±4.82	20.63±5.00	0.97	0.34

Note: *p<0.05, ***. p<0.001

According to the data in [Table 2](#), the P value of the behavior attitude indicator is 0.02, and the P value of the target attitude is 0.04. The P value of behavioral cognition is 0.03, and the P value of the sense of behavior control is 0.00. The P value of these four items is less than 0.05, indicating that they are statistically significant. It can be concluded that there is a significant difference between first- and second-year students

Table 3

Comparison of scores of the sports attitude scale between first- and second-year students (M±SD)

Projects	Boys(n=468)	Girls(n=472)	T	P
Behavioral attitude	29.31±5.01	28.30±5.66	1.42	0.17
Target attitude	46.01±5.54	45.40±5.52	0.65	0.52
Behavioral cognition	27.71±4.70	27.39±4.61	0.83	0.42
Behavioral intention	26.44±4.91	25.45±4.89	2.07*	0.04
Emotional experience	36.83±5.28	34.69±5.38	4.25***	0.00
Sense of behavior control	25.77±5.00	24.75±4.94	1.73	0.09
Subjective criterion	20.67±4.80	20.17±4.78	2.41	0.20

Note: *. P<0.05, ***. P<0.001

Using a gender comparison, [Table 3](#) extracts data from students' attitudes toward sports. The value of P is more significant than 0.05 for behavioral attitude (0.17), goal attitude (0.52), sense of control (0.09), and subjective standard. It demonstrates that there are few differences between boys and girls in these projects but that emotional experiences and behavioral intentions vary significantly. This is due to boys' diverse understanding of sports and their distinct personalities. Boys favor and participate in sports, whereas girls are typically more reserved.

Table 4

Comparison of scores of different sports intensity and psychological consistency between first- and second-year students (M±SD)

Project	A large amount of exercise	A moderate amount of exercise	Small amount of exercise	F	P
Intelligibility	20.65±4.54	20.31±4.46	19.77±4.07	1.58	0.21
Controllability	16.83±4.52	16.74±4.51	16.95±4.39	0.10	0.91
Sense of meaning	18.57±4.55	17.79±4.33	16.97±3.97	5.35*	0.00**
SOC	56.05±11.13	54.84±10.84	53.69±9.61	1.83	0.16

Note: *. P<0.05, ***. P<0.01

[Table 4](#) demonstrates that the simple effect analysis demonstrates that the degree of psychological consistency of students who engage in a substantial amount of exercise is significantly greater than that of students who do a modest amount of exercise. It demonstrates that first-year students

positive scoring questions are worth 1, 2, 3, 4, and 5 points; the reverse scoring questions are scored in descending order. Each subscale's total score equals the sum of each question's score. A survey of 960 first- and second-year students (640 first-year and 300 sophomores) is provided below. The survey results are summed up as follows:

on these four items; however, the values of their behavior habits are 0.56, behavior intention is 0.09, emotional experience is 0.14, and the subjective standard is 0.34, so there is no significant difference. However, when the eight aspects are merged, it becomes apparent that first- and second-year students with higher score standards are higher.

4.4 Sports intensity and psychological consistency

The Sports Ranking Scale evaluates the number of sports based on each sport's intensity, duration, and frequency. Each factor is graded on a scale of one to five. The maximum score for sports intensity is 100 points, while the minimum score is 0. After sorting and summarizing the data from 940 valid questionnaires, the outcomes are presented in [Table 4](#).

will continue to engage in physical training per the objective requirements of the junior high school physical education level examination to enhance their athletic ability and performance. However, sophomores lack motivation, leading to a decline in independent sports participation. Due to the

lack of demand for sports, they do not force or take the initiative to exercise. Sophomores have a lower sense of psychological consistency than first-year students.

4.5 Correlation among motivational evaluation behavior, college self-efficacy, and college goal orientation

Table 5

Correlation Matrix of Teachers' Motivational Evaluation Behavior, University Self efficacy, and University Goal Orientation

Variable	1	2	3	4	5
1 Specific affirmation	1				
2 Dissolve	0.75**	1			
3 Children's sense of self-efficacy	0.10**	0.13**	1		
4 Self-improvement goal orientation	0.18**	0.21**	0.55**	1	
5 Self-enhancement goal orientation	0.13**	0.10**	0.18**	0.23**	1
6 Goal orientation of others	0.08*	0.08*	0.25**	0.34**	0.70**

Note: * represents $p < 0.05$, ** represents $p < 0.01$, *** represents $p < 0.001$, the same below.

This study used Pearson correlation analysis to examine the relationship between the two dimensions of teacher incentive evaluation, college self-efficacy, and children's goal orientation. The results showed that there was a positive correlation between concrete affirmation and resolution and college self-efficacy ($r = 0.10$, $p < 0.01$; $r = 0.13$, $p < 0.01$); Specific affirmation was positively correlated with self-enhancement goal orientation, self-enhancement goal orientation and others' goal orientation ($r = 0.18$, $p < 0.01$; $r = 0.13$, $p < 0.01$; $r = 0.08$, $p < 0.05$); Resolution was positively correlated with self-enhancement goal orientation, self-enhancement goal orientation and others' goal orientation ($r = 0.21$, $p < 0.01$; $r = 0.10$, $p < 0.01$; $r = 0.08$, $p < 0.05$); College self-efficacy was positively correlated with self-enhancement goal orientation, self-enhancement goal orientation and others' goal orientation ($r = 0.55$, $p < 0.01$; $r = 0.18$, $p < 0.01$; $r = 0.25$, $p < 0.01$).

There is a positive correlation between specific affirmation and resolution and college self-efficacy, indicating that the higher the level of motivational evaluation of college instructors, the greater the college self-efficacy. William James, an American psychologist, once stated that the sincere desire of human nature is to be acknowledged. Positive teacher evaluation plays a catalytic role in acquiring successful university experience, which can accelerate the acquisition of successful university experience and the development of self-confidence. Bandura believes that verbal persuasion is one of the information sources for forming and modifying self-efficacy in individuals. If the evaluation is conducted within its actual scope, it will enhance self-efficacy and encourage individuals to believe in their ability to achieve success. Positive evaluation behavior can take the form of specific affirmation. Based on the university's existing behavior, we should describe its specific behavior, sincerely appreciate and encourage the university's behavior so that the university can genuinely feel the teachers' appreciation for it, and then assist the university in establishing an accurate self-awareness, forming a reasonable self-evaluation, and promoting the university's acquisition and improvement of self-confidence.

5. Recommendations

5.1 The influence of physical examination on students' mental health

In addition to examining the effect of sports on students'

A correlation analysis was performed on the variables and their dimensions to examine the relationship between the three variables of teachers' motivational evaluation behavior, college self-efficacy, and college goal orientation. Table 5 provides the results.

physical appearance, this research discovered that the development of sports has a significant impact on students' psychological state and mental health. According to the above survey results of students' psychological consistency, the level of psychological consistency between first- and second-year students is not what we would expect. The greater their level, the older they are. In contrast, their level of psychological consistency surpasses that of sophomores. This also demonstrates that the development of sports and our psychological consistency are proportionately positive. The greater the cost, the greater the sense of consistency. You can have a positive dispelling effect on negative emotions and other factors detrimental to mental health. Therefore, when we implement physical examination, it also promotes students' mental health.

5.2 Establish the guiding ideology of "health first."

The Ministry of Education's "Physical Education and Health Curriculum Standards" propose a "health first" guiding ideology that compels all teachers and employees to prioritize physical education. We must reject the notion that sports are unimportant extracurricular activities. We should combine the curriculum standards, the students' conditions, the school's hardware facilities, etc., to implement a teaching design, teaching methods, and teaching skills that not only prevent the students' sports achievements from falling behind but also promote the students' dual health and psychological health through reasonable and effective sports to achieve overall development (Gonzalez Mendez et al., 2022; Tortella et al., 2021). Increase the training of teachers in this field and employ relevant government or support policies to entice more individuals to enter this industry. Similarly, talents in professional fields can prevent students from being injured due to non-standard or excessive sports movements, thereby reducing their interest in sports.

5.3 Infiltrate mental health education into physical education

Mental health education and sports are complementary. They can achieve twice the result with half the effort when they work together. In the sports class, teachers act as guides, encouraging students to enjoy participating in sports, gaining an interest in learning colorful sports, engaging in vigorous outdoor group psychological counseling activities, and introducing league activities to acquire sports health knowledge. In addition, we must cultivate their creativity, capacity for cooperation, and perseverance, among other traits, so that they can learn to use sports to relieve stress and release negative emotions. Then we can teach students a positive outlook on life and cultivate their perseverance

through sports (Li, 2021; Luo et al., 2022).

Physical education and mental health education have a symbiotic relationship; combining the two will achieve twice as much with half the effort. The effect of physical education in the classroom is that the teacher, as a guide, encourages students to participate in sports and do so in abundance. Group psychological counseling will be supplemented by colorful sports designed to pique a student's interest in learning and vigorous outdoor group activities. By incorporating activities into physical education classes, students can gain knowledge of physical education and health and develop their creativity and capacity for cooperation. And their character, such as tenacity, so that they learn to use sports to relieve their stress and hair. Reduce negative feelings. Then, train students to develop a positive outlook on life by cultivating their perseverance through sports.

6. Conclusion

The study's main objective is to incorporate physical education as a single-subject assessment into the students' academic proficiency test for the test item in question. Although consistent with scientific principles, there are still numerous limitations. The author suggests that examination items can be passed. Enrich to expand the students' independent choice so that the student's personality and common development simultaneously, and also conducive to mobilize the students' enthusiasm, and then achieve the purpose of establishing this examination so that students will be the final sport's participants. In terms of behavior attitude (0.17), goal attitude (0.52), sense of control (0.09), and subjective criteria (0.20), the value of P is greater than 0.05, indicating that there are significant gender differences in emotional experience and behavior intention; College self-efficacy is positively correlated with the goal orientation of self. As important disseminators of the Chinese language and culture, international students significantly impact China's cultural soft power and international influence. The health issue of international students has not received sufficient attention, and the time has come to address this issue. Colleges and universities have unique advantages that other social environments do not have. In addition to the macro policy guidance of the university administration, they have a wealth of sports facilities, college physical education instructors with extensive teaching experience, and relatively ample time for students' health instruction. We believe that

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on the fertile ground of education in colleges and universities, we will cultivate these outstanding international students who will spread the Chinese language around the globe.

7. Theoretical and Practical Implications

This study has crucially important theoretical and practical implications for Chinese language learning. This study extended the theory of Chinese as a second language learning. It demonstrated that Chinese education must be conducted positively to achieve the desired outcomes for international students. The study examined the role of sports in acquiring a second language because sports are regarded as essential for enhancing the performance of employees. This study has improved the model of language learning, and the newly established relationships uncovered by this research are essential for expanding the body of knowledge. In addition, future researchers can use the findings of this study to produce significant results.

Furthermore, this research has critical practical implications for improving and advancing student learning. The study demonstrated that language learning is essential, but teachers should focus on their students' mental level and health. By focusing on the mental health of their students, teachers can work more effectively to provide adequate facilities for language acquisition. Furthermore, this study demonstrated that cultural values are essential for language acquisition because every language has a cultural context. To effectively instruct international students in the Chinese language, teachers must also emphasize cultural knowledge.

8. Future Directions

The future research directions outlined by this study are crucial for enhancing the knowledge and literature of future researchers. Future studies should be based on longitudinal data because these data are essential for assessing the status of international students studying Chinese. In addition, the study reveals that to ensure the validity of results, future research must gather data using a seven-point Likert scale questionnaire suitable for a critical analysis of the data. In addition, future research is required to assess the influence of psychological empowerment on Chinese students' foreign language learning efficiency. Thus, future studies based on these guidelines would contribute significantly to the body of knowledge.

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